

Additional Support



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Why am I receiving this document?

This document provides details of services, charities and organisations that offer support, advice, and guidance across a variety of areas should this be helpful to you. This is to ensure that, should you need any support, advice or guidance, you are able to quickly and easily locate a relevant service, charity or organisation to access this.

Charities and organisations providing general support and advocacy

Become

The Become charity offers advice, guidance and support to care leavers. This includes a [Care Advice Line](#) which you can call or email for confidential support and advice about money, housing, health and wellbeing, your rights and entitlements, your education and future plans, as well as signposting to other services.

They also offer a [Coaching Programme](#) for care leavers up to the age of 27 to support you in achieving your goals, and [weekly online 'Link Ups'](#) to connect with other care-experienced people (for those up to age 27).

Website: <https://www.becomecharity.org.uk/>

Care Advice Line: 0800 023 2033

Care Advice Email: advice@becomecharity.org.uk

The Care Leavers' Foundation

The Care Leavers' Foundation offers [grants](#) to care leavers who have limited access to other forms of financial support. These grants are available to those who are aged 21 to 30 years old.

Website: <http://www.thecareleaversfoundation.org/>

Phone: 01678540598

Email: janet.rich@thecareleaversfoundation.org

Catch 22

Catch 22 is a non-profit who provide support to people and communities across England with education, employment, and access to justice services. To find services near you, please take a look at Catch 22's ['find support'](#) map.

Website: <https://www.catch-22.org.uk/>

Enquiry Form: <https://www.catch-22.org.uk/contact/>

Rees Foundation

The Rees Foundation offer help and advice on any concern to care-experienced people of any age. They also run a variety of projects for care-experienced people, including careers coaching, financial assistance, peer support networks, and meet-ups. A full list of their current projects are [available here](#).

Website: <https://www.reesfoundation.org/>

Phone: 0330 094 5645

Email: contactus@reesfoundation.org

Enquiry Form: <https://form.jotform.com/201483163787360>

Who Cares? Scotland

Who Cares? Scotland provides advocacy for care-experienced people. They also provide a helpline, opportunities to connect with other care-experienced people, and can signpost you to relevant services.

Website: <https://www.whocaresscotland.org/>

Helpline: 0330 107 7540

Helpline email: help@whocaresscotland.org

Support for refugees and asylum seekers

Refugee Council (England)

The Refugee Council provide crisis advice, practical support and counselling services. They are also able to signpost you to other relevant services. Please see their '[find a service' page](#), as well as their [contact list](#) to find relevant support and advice.

Website: <https://www.refugeecouncil.org.uk/>

Phone: 0808 196 7272

Scottish Refugee Council

The Scottish Refugee Council provide advice and support with a range of areas, including accommodation and employment. They are also able to signpost you to other relevant services. Please see their [support page](#) for further information and guidance.

Website: <https://www.scottishrefugeecouncil.org.uk/>

Phone: 0808 196 7274

Disability Support

Remploy

Remploy provides specialist employment and skills support for disabled people and those with long-term health conditions across England, Wales and Scotland. They help people to locate and remain in employment.

Website: <https://www.remploy.co.uk/>

Phone: 0300 456 8110

Directory of disability charities

The following website includes a directory of charities that support people with different disabilities. You can access the [directory here](#).

Employment support

ACAS

ACAS offers free impartial advice on workplace rules, rights, and practices. Their website also contains a variety of useful resources and information on these topics.

Website: <https://www.acas.org.uk/>

Helpline: 0300 123 1100

Mental health and wellbeing support

Mind

Mind provide [advice and support](#) to empower anyone experiencing a mental health problem. They offer an information line ('Infoline') where you can access confidential support, a 'Legal line' where you can receive information on mental health related law, an online peer support community ('[Side by Side](#)') as well as detailed [information and advice pages](#) on most mental health conditions.

Website: <https://www.mind.org.uk/>

Infoline: [0300 123 3393](tel:03001233393)

Legal Line: [0300 466 6463](tel:03004666463)

Samaritans

Samaritans offer 24/7 support for those who feel they are struggling to cope with feelings of distress or despair and need someone to listen to them without judgement or pressure. They also offer a [self-help app](#).

Website: <https://www.samaritans.org/>

Phone: 116 123

Email: jo@samaritans.org

In Care Survivors Service Scotland

In Care Survivors Service Scotland offer access to counselling, wellbeing, and therapeutic services for those who have suffered childhood trauma whilst in care. They also provide advocacy services to help you access and navigate other services such as benefits, housing, and court processes.

Website: <https://www.incaresurvivors.org.uk/>

Helpline: 0800 121 6027

Enquiry form: <https://www.incaresurvivors.org.uk/contact>

National Association for People Abused in Childhood (NAPAC)

NAPAC offers free advice as well as emotional and practical support to those who have experienced childhood abuse via a phone support line and email, and also run [support groups](#) to assist with recovery. NAPAC's website also includes useful [information and self-help resources](#).

Website: <https://napac.org.uk/>

Support line: 0808 801 0331

Email: support@napac.org.uk

Housing and accommodation support

Shelter (England)

Shelter provide information and advice for those experiencing difficulties with accommodation, housing and homelessness. They also offer free legal advice on housing and accommodation issues.

Website: <https://england.shelter.org.uk/>

Helpline: 0808 800 4444

Webchat: https://england.shelter.org.uk/get_help/webchat

Shelter Scotland

Shelter provide information and advice for those experiencing difficulties with accommodation, housing and homelessness. They also offer free legal advice on housing and accommodation issues.

Website: <https://scotland.shelter.org.uk/>

Helpline: 0808 800 4444

Webchat: https://scotland.shelter.org.uk/about_us/contact_us/webchat